ELECTROSTIMULATORS

USER MANUAL

ACTIVA 500

CE
0476

Rev. 03_09.03

DEAR CLIENT
THANK YOU FOR CHOOSING GLOBUS. WE WILL BE PLEASED TO PROVIDE HELP AND SUGGESTIONS ABOUT USING OUR PRODUCTS

The GL4 electrostimulators are produced by:

DOMINO s.r.l.
31020 San Vendemiano - TREVISO
Phone. (+39) 0438.793052
Fax. (+39) 0438.796463
E-Mail: info@domino.tv.it

The Globus product

ACTIVA 500

is esclusively distributed by:

GLOBUS ITALIA S.r.l.
Phone. 0438.7933
www.globusitalia.com
info@globusitalia.com

This product has been manufactured according to the technical regulations in force and is certified according to Directive 93/42/EEC for medical devices, by CERMET Scrl (authorization no. 0476), in order to ensure the product's safety.

To maintain the maximum level of safety, operate the instrument according to instructions and restrictions given in this operating manual. Neither the producer nor distributor is responsible for any damage or injuries resulting from a use different from that indicated in this operating manual.

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INCLUDED MATERIALS

Each Globus Electrostimulator is supplied with the following material:
a. GL4 Electrostimulator unit
b. Operating manual
c. Carrying case
d. Four (4) colored electrode connection cables. Use these for the regular ectrical muscle stimulation (EMS) programs, for transcutaneous electrical nerve stimulation (TENS) programs.
e. Two (2) gray electrode connection cables.
Use these for the Microcurrents (G-PULSE)
f. Four (4) reusable adhesive electrodes (5 x 5 cm2)
g. Four (4) reusable adhesive electrodes (5 x 9 cm2)
h. Battery charger
i. Warranty

When you open the packing of your Globus Electrostimulator, please verify that all the equipment listed above is present. If any material is missing, please contact your retailer immediately. Please also check the integrity of the stimulator and the supplied electrodes and cables.

Electrodes. The supplied electrodes are intended for use on a single person. They are self-adhesive, reusable and do not require gel. The electrode cable is female. The electrodes are labeled "CE" in compliance with Directive 93/42/EEC for medical devices.

STANDARD SYMBOLS

The instrument is in accordance with European Union norms and thus carries the "CE" label for medical devices of class II and type BF. The battery charger is also class II.
The external battery charger is class II

Attention: read the instruction

The presence of this symbol on your instrument indicates that it conforms to the requirements of Directive 93/42/EEC for medical devices. The authorizing organism is no. 0476.

Type BF applied parts (floating circuits)

Isolation class II°

Power on / Power off

CONTRAINDICATIONS

Use of this Globus Electrostimulator is contraindicated in persons with the following conditions:
- Pregnancy
- Pacemakers
- Pain of undetermined etiology
- Cancer, if permission from an oncologist has not been obtained
- Urinary and pelvic conditions, as described below.

Moreover, the Globus Electrostimulator is NOT to be used to stimulate:
- Anterior part of the neck (carotid sinus)
- Eyes
- Genitals
- Brain Area
- Sores and skin affected by dermatological disease
- Areas with acute trauma
- Recent scars

Body areas near metallic implants and prostheses, such as orthopedic plates, screws, nails and other osteosynthetic devices, when using monophasic current (Interferential Currents program) or continuous current (Iontophoresis Currents program).
The Globus Electrostimulator is not intended for use in water, since it is not protected against infiltration. Moreover, do not use the stimulator in the presence of inflammable gas, especially oxygen for medical purposes.

It is recommended that the Globus Electrostimulator be used with caution in persons with capillary fragility, to avoid excessive capillary damage.

Potential adverse effects. Skin irritation may occur in persons with particularly sensitive skin. In case of allergic reaction to the electrode adhesive, stop use of the electrostimulator and contact a physician. If during stimulation, tachycardia or extrasystole occurs, stop use of the electrostimulator and consult a physician.

Special precautionary measures for urological treatments. Patients with urinary tract infections should first be treated medically before undergoing urological electrostimulation. Special urological probe electrodes are required for these programs. After urological electrostimulation, before touching or removing the probe electrodes, turn off the instrument or set the intensity of both channels to 0 mA. Urological electrostimulation is contraindicated in patients with:
- Extra-urethral urinary incontinence
- Fecal incontinence
- Serious urinary retention in the upper urinary tract
- Complete peripheral denervation of the pelvic floor
- Total or partial prolapse of the uterus or vagina (in these patients the electrostimulator may be used with extreme caution)

CARE, MAINTENANCE AND DISPOSAL

Recommendations for maintenance and use of the Globus Electrostimulator:

In case of damage to the instrument's exterior, this must be replaced before using the electrostimulator again.

In case of presumed or real failure, do not open the instrument or attempt to make repairs yourself. Repairs may only be made by an authorized service center .

Protect the electrostimulator from violent blows, shaking and overturning, which may damage the instrument and lead to malfunction in the long term even though no immediate failure is apparent.

Protect the electrostimulator from splashes of water, heat sources, dust, humidity, direct exposure to sunlight and strong magnetic fields. The instrument should not be used when wrapped or covered.

Do not clean the instrument with solvents such as paint thinner, gasoline, kerosene, alcohol and other chemicals. Clean the instrument and cables with a soft cloth dampened with water.

Prior to using the instrument after a long period of disuse, check that the electrostimulator and the battery are functioning correctly (contact an authorized service center).

Do not use the instrument while the batteries are being charged.

The electrostimulator is connected to the electrical line through its own power supply. Before attaching the electric current, be sure that your electrical system conforms to national standards.

Do not use the electrostimulator together with other electronic equipment, above all those used to support vital functions.

Store in the supplied carrying case in conditions of 20%-85% relative humidity and 5°-45° C.

Recommendations for maintenance and use of electrodes and cables:

- Clean and dry the skin prior to attaching the electrodes to ensure good conductivity.
- The electrodes are designed to be used for 25-30 applications on a single person.
- After using the single-user, reusable electrodes, protect the adhesive with the supplied film and store them in a sealed, clean plastic bag. Do not permit the electrodes to attach to each other.
- Do not use cables or electrodes that show signs of wear or are not perfectly adherent to the skin. Discard them and obtain manufacturer's original replacement parts.
- If you use electrodes that are not self-adhering , clean the surface with water before use.
- Store in the supplied carrying case in conditions of 20%-85% relative humidity and 5°-45° C.

Recommendations for disposal

- Do not burn.
- Dispose of the instrument according to national rules for the elimination of electronic instruments.

WARNINGS

PRECAUTIONARY MEASURES

-The electrostimulator should only be used by mentally competent adults.

-Keep the instrument out of the reach of children.

-The electrostimulator should not be used for purposes other than neuromuscular stimulation as described in this manual.

-The electrostimulator must be used according to the instructions in this manual and under the continued supervision of a physician or a physical therapist.

-Do not use the electrostimulator without first consulting your physician regarding any health problems.

-The electrostimulator should only be used with the supplied skin electrodes intended for neuromuscular stimulation.

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Electronic monitoring equipment (such as ECG monitors and alarms) may not operate properly when electrostimulation is in progress.
-Stimulation delivered by this device may be sufficient to cause electrocution.
Do not apply the current in trans-thoracic modality because it may cause cardiac arrhythmia. Do not stimulate the pectoral and dorsal muscles simultaneously.
-Do not use the electrostimulator near short wave therapeutic devices.

APPROPRIATE USES
Read the operating manual carefully in order to avoid incorrect installation, use or maintenance that can damage the apparatus, the operator or the user. The Globus Electrostimulator is designed to be used in the following settings:
-Home
-Medical clinics
-Physiotherapy clinics
-Rehabilitation clinics
and for the following purposes:
-Pain treatment in general
-Any type of sequential electrostimulation
-Aesthetic care
-Sports training
-The Electrostimulator may be used with or without the supervision of physicians or paramedic personnel.

TECHNICAL CHARACTERISTICS

EMS and TENS:

Channels available	Channels 1, 2, 3, 4
Constant current	Yes
Intensity	0-120 mA with 1000 Ohm load
Wave form	Rectangular, biphasic, symmetrical, compensated
Working frequency	0.3-150 Hz
Recovery frequency	0.3-150 Hz
Impulse amplitude	50-450 m s
Working time	1-30 s
Recovery time	0-1 min
Frequency modulation range	Continuous variation from 1 to 150 Hz Minimum modulation time, 3 s
Amplitude modulation range	Continuous variation from 50 to 450 ms Minimum frequency, 1 Hz Maximum frequency 150 Hz

Microcurrents MCR :

Channels available	Channels 1, 3
Constant current	Yes
Minimum frequency	0.2 pps
Maximum frequency	200 pps
Minimum intensity	0 mA, 1000 Ohm; 10 mA steps
Maximum intensity	800 mA
Amplitude	1-250 s

Specifications

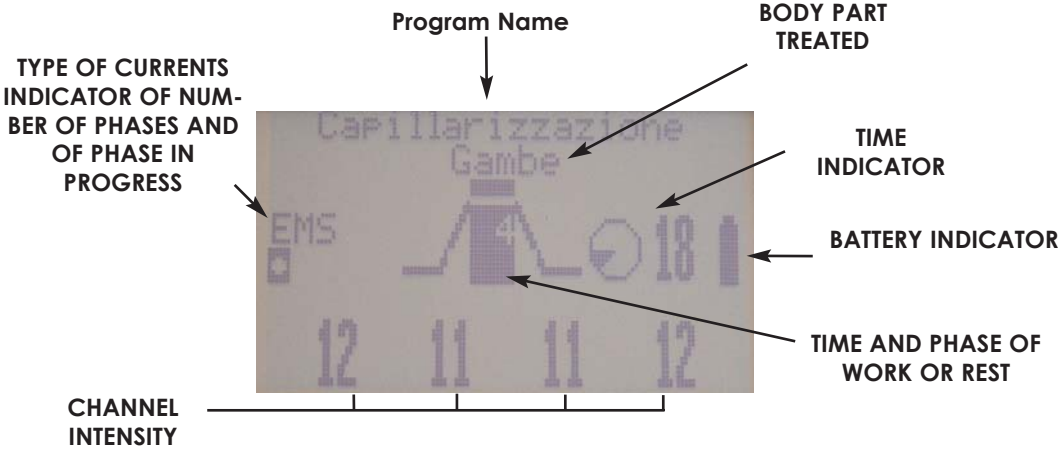
Batteries	Rechargeable Ni-MH accumulator, 7.2 V, 1.5 Ah Globus model
Power supply	Modello Globus Globus ILD41V-0720200
Exterior	Acrylonitrile butadiene styrene (ABS), food-contact grade
Protection level	IP 20
Size	160 mm x 99 mm x 35.4 mm
Weight	404 gr
Certifications	EU Medical Device Directive (MDD, 93/42/EEC)

BATTERY CHARGING

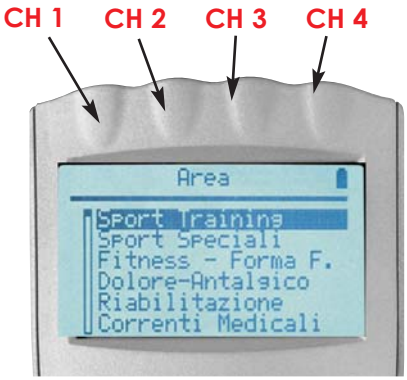
The Globus Electrostimulator is furnished with a set of rechargeable nickel-metal hydrate batteries , which have high yield without "memory effect". Recharge the batteries when the battery light on the display ( ) indicates ¼.
To charge the batteries, turn off the electrostimulator and detach the electrodes. Attach the supplied battery charger (Globus model ILD41V-0720200) by inserting the plug in the appropriate inlet on the electrostimulator (figure). The LED on the charger lights when the connection is correctly made. The first time the batteries are charged, be sure not to interrupt the process until complete, about 10 hours. If the electrostimulator is connected for longer periods (but not greater than 72 h), the batteries will not be damaged.
Do not use battery chargers other than the one supplied. To replace the electrostimulator's batteries, contact an authorized service center.

Attention:
- While the batteries are being charged, the electrostimulator must not be connected to the electrodes.
- If the battery charger is connected to the electrostimulator when the instrument is on, it will turn off automatically.
- If the battery charger, the electrical cord or the connector show signs of wear or damage, replace immediately.

DISPLAY



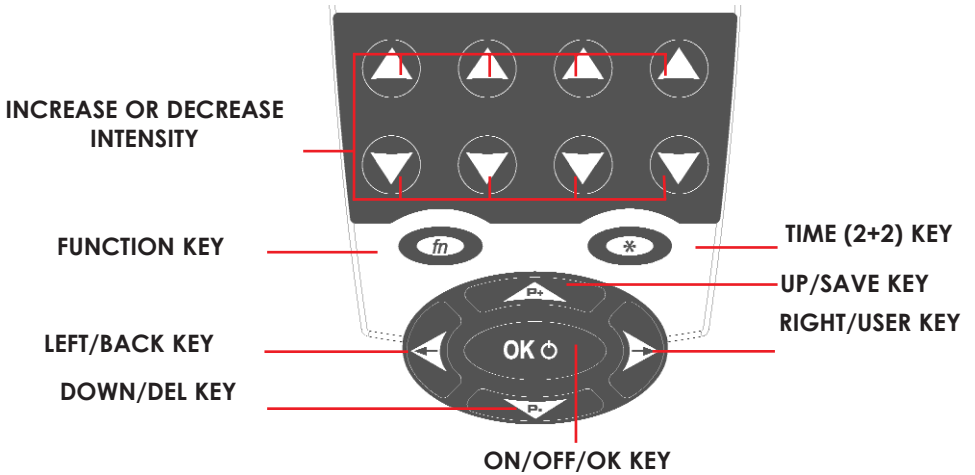
Outlets for electrode cables



NOTES
Use all 4 channels and the colored cables for EMS and TENS programs.

Use channels 1 and 3 with the gray cables for the Microcurrents (MCR) program.

KEYBOARD



INTENSITY	Increase or decrease the intensity of the corresponding channels
FUNCTION	Changes the duration of a phase when pressed alone Changes the function of other buttons when pressed simultaneously
LEFT/BACK	Move the selection to the left 3" -> Return to the previous selection 3" during a program -> Return to the previous phase
DOWN/DEL	Move the selection down During a program, simultaneously decrease the intensity of the 4 chan nels
TIME	During a program, displays the remaining total time or that of the ongoing phase
UP/SAVE	Move the selection to the top During a program, simultaneously increase the intensity of the 4 channels
RIGHT/USER	Move the selection to the right 3" during a program -> skip to the subsequent phase
ON/OFF/OK	Confirms the selection of a program in progress and activates the pause 3" -> Power on/Power off
3"	Activate the function by pressing the key for 3 seconds

USING THE STIMULATOR

Before you start
- Read this operating manual with attention.
- Carefully examine the electrostimulator and supplied parts to ensure absence of damage.
- Check that the electrostimulator is not connected to the battery charger.

Starting up
- Connect the cables to the outlets on the main unit.
- Connect the electrodes to the cables.
- Place the electrodes on the skin of the body part to be treated.
- Turn on the Electrostimulator by pressing the ON/OFF/OK button for 3 seconds: a tone indicates that the unit is on and the unit's name and software version appear on the lower left-hand corner of the display. After a few seconds, the last executed program (or default program) appears on the display. The unit is now ready for use.
- If, when you turn on the unit all the symbols appear on the display, turn off the instrument and try again. If this problem persists, do not use the instrument and contact an authorized service center.
- If the batteries are not sufficiently charged, the instrument will switch off immediately. Recharge the batteries following instructions in section "Battery Charging".
- Use the UP and DOWN keys of keyboard to chose your option on the main menu: the "Last 10 Executed" programs, the "Program List", "Favorites", "Setup" and XXXX.
- By pressing the OK key after having selected "Last 10 Executed", the display shows the area, the muscular group and the name of the last executed program. If no program has been carried out before, the message EMPTY appears; proceed to the "Program List".

Program selection from the Program List menu

Use the UP and DOWN keys to position the cursor on "Program List" and confirm by pressing the OK key. Depending on the model, the display shows the following program sectors:

FITNESS & SHAPE
BEAUTY - AESTHETIC
PAIN - ANTALGIC
VASCULAR
FACE - LOWER NECK
G -PULSE (microcurrent programs)

Step 1 - Selection of Area:

Press the keys Up or Down on the Joy pad to move the highlight bar to the desired area. Press OK to confirm. Press the Left key (Back) for 3 sec. in order to return to the previous display.

Step 2 - Selection Man_Woman

-If the areas Fitness & Shape is confirmed in STEP 1, the selection Man or Woman will appear.
-If one of the other areas is confirmed in STEP 1, it will be possible to select a list of programmes.
Press the keys Up or Down on the Joy pad to move the highlight bar to the desired selection.
Press
Press OK to confirm.
Press the Left key (Back) for three sec. in order to return to the previous display.

Step 3 - Selecting the programme name.

Press the keys Up or Down to select the name of the desired program.
Press OK to confirm.
Press the Left key (Back) for three sec. in order to return to the previous display.
Step 4 - Selecting the part of the body. Programme start-up.
Once you have selected the programme, you can return to the previous display (pressing down the key Left/Back for 3 sec.) or you can start it increasing the intensity of the channel. The intensity can be increased individually using the keys "increase intensity of channels keys", or simultaneously for the 4 channels using the "Up" key on the Joy pad.

Notes on program execution and modification

Visualize parameters of program execution

During execution, the name of a program is shown on the top of the display. In addition, the display shows the body parts where the program can be used (BODY means that it can be used on any muscular district), the total number of phases, the phase in progress (full phase), the remaining time of the phase in progress, and the kind of current being employed (e.g. EMS, TENS). For programs with intermittent stimulation, the display shows the countdown (in the center) and a graphic representation of the phase of work or rest.

Pause a program

To pause a program, press the OK key; the word PAUSE appears on the display. Pausing sets the intensity to zero and stops the clock. To restart to the program, press OK. Resumption after a pause repeats the last interrupted cycle.

Stop a program

If you need to stop a program before its end, switch off the instrument by pressing the OK key for 3 seconds.

Visualize total time remaining (single program)

During execution of a program, the remaining time of the current phase in progress is displayed. To visualize the total remaining time, press the TIME key. During visualization of the total remaining time, all indicators of the phases are lit. After 2 s, the remaining time of the phase in progress appears again.

Modify the parameters of a program -Run Time- (single program)

Once a program has started, it is possible to modify the duration, frequency and amplitude of a program by pressing the FUNCTION key. A new screen appears and the time of the program in progress starts blinking. Use the UP and DOWN keys to modify the time. The new time will automatically be confirmed after 5 seconds or by pressing the FN key. Move to the other parameters that you want to modify by pressing the LEFT/RIGHT keys and repeat the above mentioned process.

Skip a phase (single program)

In order to pass to a successive phase before the end of the one in progress, press the RIGHT key for 3 seconds. To return to the previous phase, press the BACK key for 3 seconds.

Increase or decrease intensity

To change the intensity of a single channel, use the corresponding INCREASE or DECREASE INTENSITY key. To simultaneously increase or decrease the intensity of all channels, use the UP or DOWN key.

SPECIAL FUNCTIONS

AUTO STIM (Automatic)

The AUTO STIM function enables the user to execute a program automatically, i.e. without having to personally regulate the intensity. Intensity values are automatically set to the levels used during the last execution of the same program. In any moment, the user can exit from the AUTO STIM mode by modifying the intensity (use the INCREASE or DECREASE INTENSITY keys). The AUTO STIM function can be used only for programs listed among the "Last 10 Executed" list.

To access the AUTO STIM function, choose "Last 10 Executed" from the main menu and confirm by pressing OK.

Notes:

- To execute a program in AUTO STIM mode, it is necessary that the electrodes be applied in the position and muscular district (or body part) chosen for the previous execution of the same program. Intensity readings are specific to each channel.
- When using AUTO STIM mode, each user must access the electrostimulator with a personal user code (USER key).

Last 10 Executed
The Globus Electrostimulator memorizes the last 10 programs carried out, so that these are available for rapid and easy execution. Registration in memory occurs automatically at the end of any program; when the memory is full, older programs are automatically deleted.
To recall a program in memory, position the cursor on "Last 10 Executed" of the main menu and confirm by pressing OK. If no programs are stored in memory, the word EMPTY appears. Use the UP and DOWN keys to select the desired program and confirm with OK. Three options appear:
- Start. Permits the user to execute the program in manual or AUTO STIM mode. To start the program in manual mode, use the channel-specific INCREASE and DECREASE ITENSITY keys. Alternatively, press OK to start the AUTO STIM mode. The word AUTO appears on the display above the phase indicator; exit from AUTO STIM mode by modulating the intensity of any channel.
- **Position electrodes.** Displays a brief guide for correct electrode positioning. For further information, consult the last pages of this operating manual.
- Delete from list. Eliminates a specific program from the "Last 10 Executed" list. The "Last 10 Executed" list refers to a single user. Besides the default user (user 0),a total of 9 different users can store program information in the Globus Electrostimulator's memory. To access a particular user's stored programs, use the USER key (see the USER SELECTION function in Setup menu).

2+2 MODE (SIMULTANEOUS STIMULATION)

The Globus Electrostimulator permits multiple treatments to be carried out at the same time. In particular, two different programs (EMS or TENS) can be run on different muscular groups of the same subject or on two different subjects. The first program runs on channels 1 and 2; the second program runs on channels 3 and 4. To activate simultaneous stimulations, use either "2+2 Mode" menu or "Program List" from the main menu.

MULTIPLE PROGRAMS USING "2+2 Mode" MENU
From the main menu, select "2+2 Mode" and confirm with OK.
1. Use the UP and DOWN keys to select the area of the first program (channels 1and 2) and confirm with OK.
2. Use the UP and DOWN keys to select Man or Woman for the first program.
3. Use the UP and DOWN keys to choose the body part for treatment for the first selected program.
4. Use the UP and DOWN keys to select the specific program (channels 1 and 2)and confirm with OK.
5. Now select the program for channels 3 and 4. Use the UP and DOWN keys to select the area of the second program (channels 3 and 4) and confirm with OK.
6. Use the UP and DOWN keys to select Man or Woman for the second program.
7.Use the UP and DOWN keys to choose the body part for treatment for the second selected program.
8.Use the UP and DOWN keys to select the specific program (channels 3 and 4)and confirm with OK.
MULTIPLE PROGRAMS USING THE PROGRAMS LIST MENU
Access 2+2 Mode from the Program List menu:
1. To select the first program, position the cursor on "Program List" on the main menu and confirm with OK.
2. Use the UP and DOWN keys to select the desired program area and confirm with OK.
3. Use the UP and DOWN keys to select the program variable and confirm with OK.
4. Use the UP and DOWN keys to select the desired program name. Choose "Continue with 2+2" (rather than OK) to execute multiple programs.
5. Follow steps 5-8 above. At the end of step 8, start both programs by regulating the intensities of the different channels using the INCREASE and DECREASE INTENSITY keys.

ADVANCED MENU

The advanced menu comprises the following entries:

MODE 2 + 2

"User Selection" FUNCTION

The function "User selection" inside the "Set-up" area allows the special functions to be used ("Last 10 Programs", "Favourites" and "AUTO STIM") in a personalized way. The user, who selects his /her own User, can save his/her favourite programmes in the "Favourites" memory. These programmes will be available only for that specific user. The same applies to the "Last 10 Programmes" function.

NOTE: The user selected the last time appears each time the machine is turned on.

SETUP

-" Light-up Timer" FUNCTION

The "Light-up Timer" function can be found inside the "Set-up" area and allows the duration of back-lighting in stand-by mode to be varied, using the Up and Down keys.

-"Contrast" FUNCTION

The "Contrast" function present inside the "Set-up" menu allows the level of contrast on the display to be varied, using the Up and Down keys.

-"Language Selection" FUNCTION

The "Language Selection" function inside the "Set-up" area allows 4 different languages to be selected, using the Up and Down keys. Confirm the selection with OK.

-"Service Sounds" FUNCTION

The "Service Sounds" function present inside the "Set-up" area allows the acoustic beep emitted by the machine to be enabled (ON) or disabled(OFF).

-"Timer" FUNCTION

The "Timer" function inside the "Set-up" area allows a period of time (in minutes) to be set, using the Up and Down keys, after which the machine, if not used, will turn off.

INTENSITY OF STIMULATION

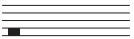
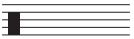
The current intensity necessary to obtain muscular contraction is personal and depends on the position of the electrodes, the underlying adipose tissue layer, sweating, the presence of hair on the area to be treated, etc. For these reasons, the same current intensity can generate different feelings from person to person, from day to day, and from the right side to the left side of the body. During different sessions, these phenomena make it necessary to regulate the intensity in order to obtain the same level of contraction. The current intensities recommended in the different phases are proposed as indicative values, and each person should modify these levels according to his personal needs.

Moderate intensity. The muscle does not tire, not even during prolonged treatments. The contraction induced is tolerable and pleasant. This is the first level on the graphic representation of intensity.

Intermediate intensity. The muscle is visibly contracted but the stimulation does not cause the joints to move.

Elevated intensity. The muscle is contracted substantially. The muscular contraction will provoke the extension or bending of the limbs if these are not blocked.

Maximum intensity. The muscle is contracted maximally. This is intense treatment that should be performed only only after having carried out various applications at lower intensity

Moderate		*from 10 mA to 20 mA*
Intermediate		*from 20 mA to 30 mA*
Elevated		*above 30 mA*
Maximum		*At the maximum level of tolerance, but below the pain threshold*

In the descriptions of the various treatments, the best levels of intensities are suggested.
NOTE: The recommended levels of current are only indicative.
NOTE**:** For Microcurrents programs, it is not necessary to set an intensity value (in microamperes) because these are preset and automatically activated for all phases. See section "NOTES ON USING THE PROGRAMMES WITH MICROCURRENT".

Open circuit

The Electrostimulator has a device that controls the current supply. If the operator increases the intensity level above 10 mA and the circuit is open (cables are not connected to the apparatus and electrodes are not applied to the skin), the electrostimulator immediately brings the intensity to 0 mA. Therefore, before beginning a program, make sure that the cables are connected to the apparatus and that the electrodes are in good condition and are applied correctly to the area to be treated.
NOTE: Use the Microcurrents programs only on channels 1 and 3 with the gray cables. If the cables are not connected or they are they wrong type, the Electrostimulator will not start the program. Check the cables and the connections.

PROGRAMS LIST FITNESS & SHAPE

Demo
Motor Point Pen
MEN/WOMAN
Firming
Active Rest
Maximum Force
Aerobic Resistence
Decontracture
Bio Pulse firming
Sculpting
Sculpting Bio - Pulse
Toning
Mass Development
Body Sculpting
Definition
Jogging
Anaerobic Fitness
Muscular Initiation
Aerobic Fitness
Cramp prevention

One type of program may offer more than one difficulty level or body area to exercise

PROGRAMS LIST BEAUTY_AESTHETICS

MEN/WOMAN
Lipolysis
Massage Relax Bio - Pulse
Toning massage
Energetic massage
Connective massage
Figure
Lipolysis post -birth
Firming post -birth
Definition

One type of program may offer more than one difficulty level or body area to exercise

PROGRAMS LIST PAIN_ANTALGIC

Endorphinic Tens
Cervical
Menstrual PAin
Acute antalgic TENS
Chronic antalgic TENS
Modulated TENS
Hlp pain
Knee pain
Ankle pain
Chronic pain

PROGRAMS LIST VASCULAR

Drainage
Capillarization
Drainage Bio Pulse
Drainage post birth
Swollen Arms
Arterial insufficiency
Venous insufficiency
Vascularisation

One type of program may offer more than one difficulty level or body area to exercise

PROGRAMS LIST FACE_LOWER NECK

MEN
Face capillaries
Lifting Effect

WOMAN
Breast firming
Breast sculpting
Face capillaries
Lifting Effect

DESCRIPTION OF PAIN RELIEF TREATMENTS

Programs Name	Programme effects	When should it be used?	Electrode placement	Time and intensity
All the pain relief TENS programmes	It uses the typical mechanisms of the nervous system in order to relieve acute and chronic pain. Impulses are propagated through the nerves in order to stop the diffusion routes of the pain.	Against every kind of pain. It can be used every time you need to relieve pain. Warning! TENS programmes relieve pain but do not eliminate its cause. If it persists, see the doctor.	On the affected area. Cover the painful area with the electrodes.	Intensity: Non-painful pins and needles sensation
Endorphinic Tens	Pain relieving action thanks to the release of endorphins	Ideal for chronic pain.	On the affected area. Cover the painful area with the electrodes.	Intensity: Non-painful pins and needles sensation

NOTES ON THE USE OF PROGRAMMES WITH MICRO-CURRENTS

This section refers to the use of the G-PULSE programmes.
The programmes in the G-Pulse area have a preset intensity (µA).
Microcurrent programmes contain variations compared to normal TENS and EMS programmes, as listed below:
-Unlike normal electro-stimulation treatments (e.g. TENS) that use milliAmpere, Microcurrents use microampere currents that are undetectable for Man.
It is therefore normal to not notice any sensation except on the face, which is an extremely sensitive area.
The intensity of the current required to obtain a comfortable pins and needles sensation is totally personal. It may depend on the placement of the electrodes, on the adipose layer, on perspiration, on the presence of body hair on the area to be treated etc. For these reasons, the same intensity of current can provide different sensations from person to person, from day to day, from left side to right side.
During use of the G-Pulse programmes on the face, a slight stinging sensation must be felt; if nothing is felt at the preset intensity, increase the intensity using the increase keys or with the Up key.
- When running a Microcurrents program, use exclusively the special gray cables connected to the outlets of channels 1 and 3 only.
- The Microcurrents programs have prefixed intensity levels. When a Microcurrents program is activated, the electrostimulator automatically brings the intensity to the correct level. This value should not be altered during execution of the program.
- The Microcurrents programs cannot be run in the "2+2 mode" with other treatments. If one tries to select a Microcurrents program in "2+2 mode", the electrostimulator will emit an error tone.
NOTE: Use Microcurrents programs only on channels 1 and 3 and with the gray cables. The word "CABLE" will appear on the display in case the wrong cable is used or if there is a bad connection. The following Microcurrents programs are available.
NOTE: For Microcurrents programs, it is not necessary to set the current intensity because it is preset for all programs. If the therapist advises you to change the preset values, vary the intensity by using the UP and DOWN keys for 3 seconds.

PROGRAMS LIST - G-PULSE

Cellulite imperfection
Bio Skin
Wrinkles
Eyes Wrinkles
Expression Wrinkles
Stretch marks
Nails strengthening
Bio peeling
Haematoma
Breast Microlifting
Neck & shoulder microlifting
Face microlifting
Skin Elasticity

Using the G - MicroTrode handpiece
The G-Microtrode handpiece is connected to the outlet 1 or 3 on the electrostimulator and must only be used with the G-Pulse programmes.
Before commencing treatments on face, place gel in both the conductor spheres. While using the G-Pulse programmes on the face, a slight "stinging" sensation must be felt; if nothing is felt at the preset intensity, raise the value with the intensity increase keys or with the up key. No stimulation is necessarily felt in other parts of the body.

Eyes Wrinkles

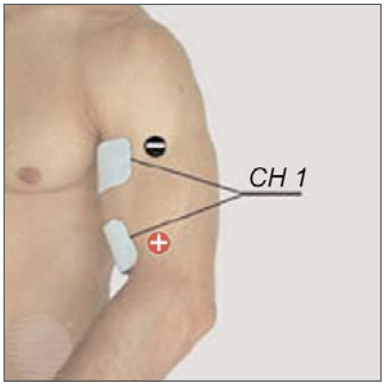
Expression Wrinkles

G-MicroTrode Handpiece

Nails strengthening

ELECTRODE PLACEMENT

1
BICEPS MUSCLE OF ARM (BICEPS BRACHII)



Work position

Work position

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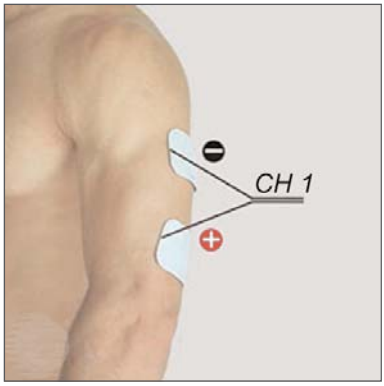
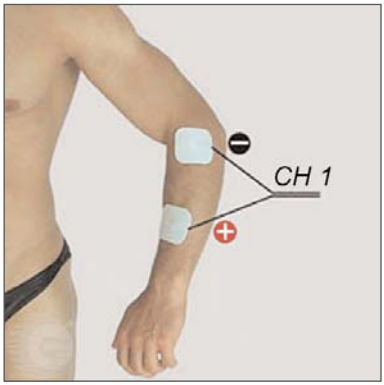
TRICEPS MUSCLE OF ARM (TRICEPS BRACHII)



3
WRIST AND FINGER EXTENSORS

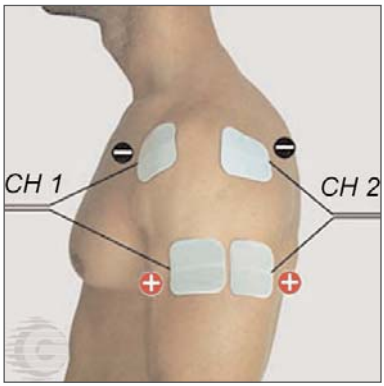


Work position

Work position

4
WRIST AND FINGER FLEXORS

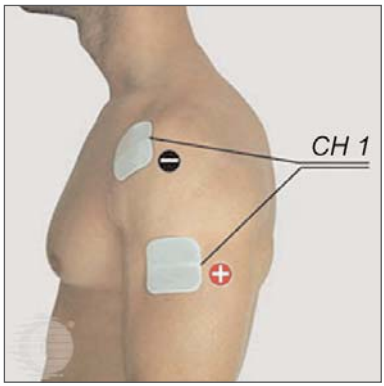
5
DELTOID MUSCLE



Work position

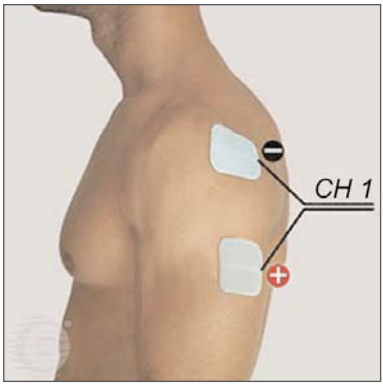
Work position

6
DELTOID MUSCLES, ANTERIOR



ELECTRODE PLACEMENT

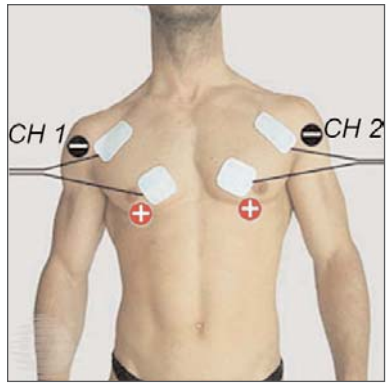
7
DELTOID MUSCLES, POSTERIOR



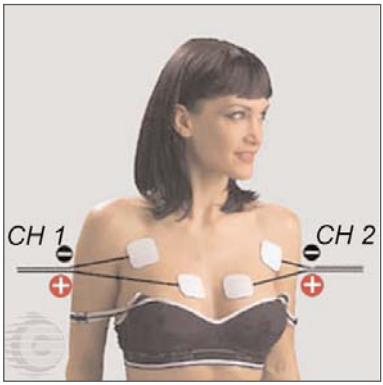
Work position

Work position

8
GREATER AND SMALLER PECTORAL MUSCLES



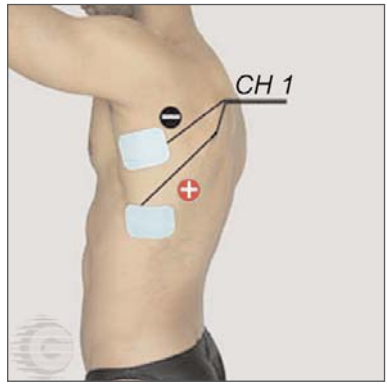
9
BREAST



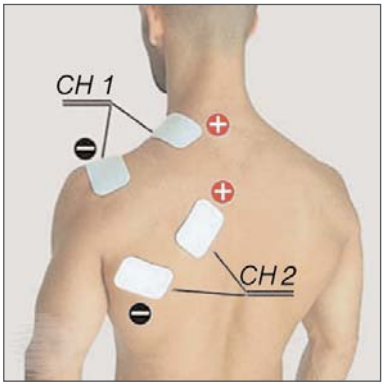
Work position

Work position

10
MUSCULUS LATISSIMUS DORSI



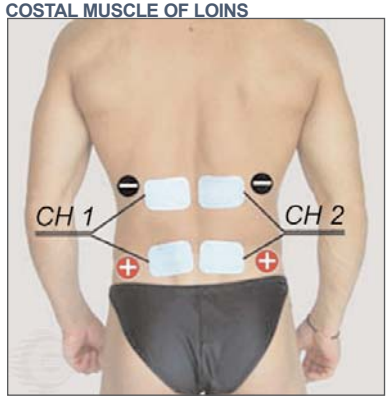
11
TRAPEZIUS MUSCLE



Work position

Work position

12
MUSCULUS LATISSIMUS DORSI AND ILEO-COSTAL MUSCLE OF LOINS



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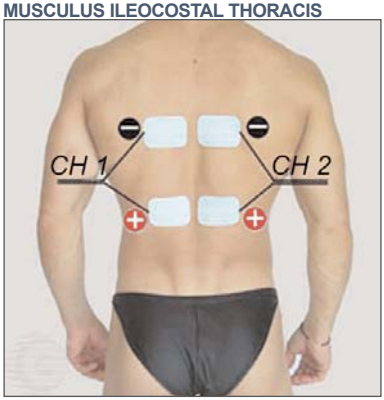
ELECTRODE PLACEMENT

13

MUSCULUS LATISSIMUS DORSI AND MUSCULUS ILEOCOSTAL THORACIS

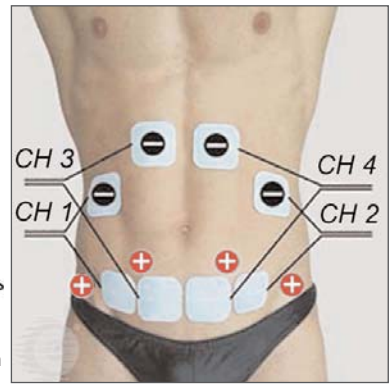


Work position

Work position

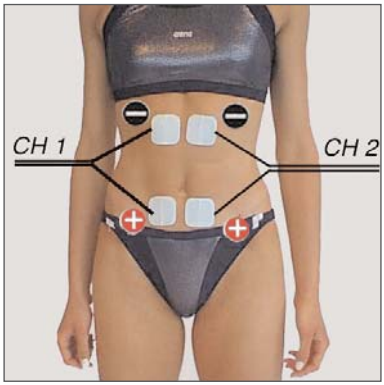
14

MUSCULUS RECTUS ABDOMINIS AND EXTERNAL OBLIQUE MUSCLE OF ABDOMEN



15

MUSCULUS RECTUS ABDOMINIS



Work position

Work position

16

GASTROCNEMIUS MUSCLE

17

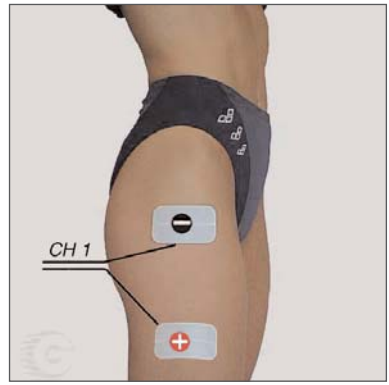
BICEPS MUSCLE OF THIGH (BICEPS FEMORIS), SEMIMEMBRANOUS AND SEMITENDINOUS MUSCLES

Work position

Work position

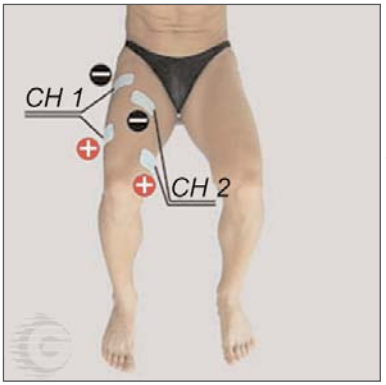
18

TENSOR MUSCLE OF FASCIA LATA



ELECTRODE PLACEMENT

19 QUADRICEPS

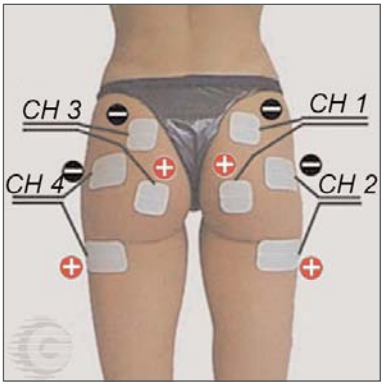


Work position

Work position

20 INTERNAL THIGH

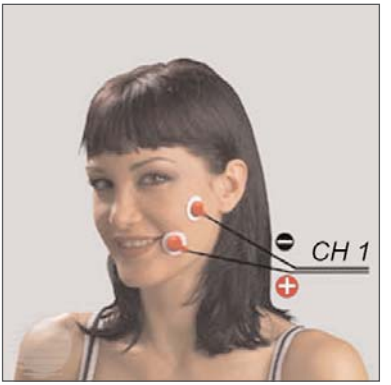
21 GLUTEUS MUSCLES



Work position

Work position

22 FACE

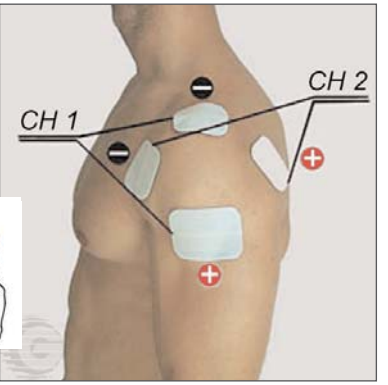


TRAPEZIUS MUSCLES, CERVICAL VERTEBRAE

Work position

Work position

24 PERIARTHRITIS OF SCAPEL OR HUMERUS



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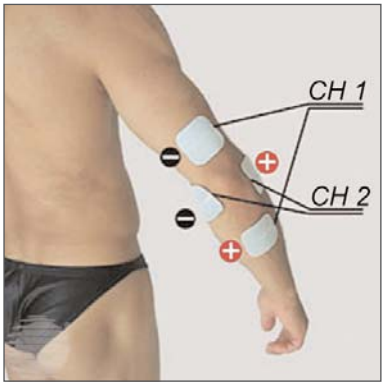
ELECTRODE PLACEMENT

25
EPICONDYLITIS

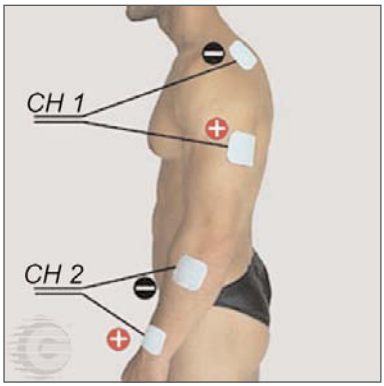


Work position

Work position

26
EPICONDYLITIS

27
CERVICOBRACHIAL NEURALGIA

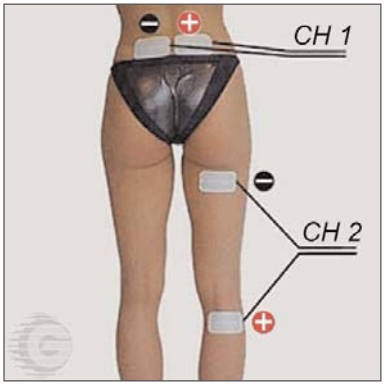


Work position

Work position

28
BACK

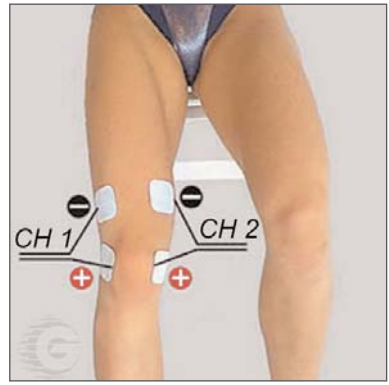
29
SCIATICA



Work position

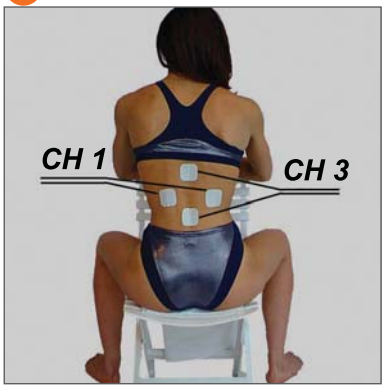
Work position

30
KNEE



ELECTRODE PLACEMENT for microcurrents

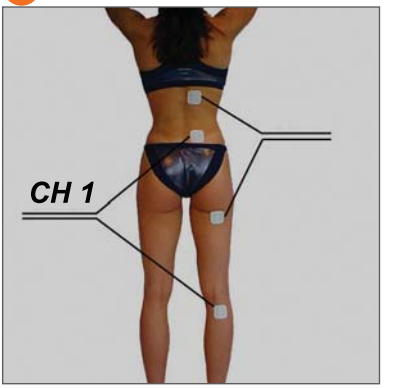
31



Work position

Work position

32



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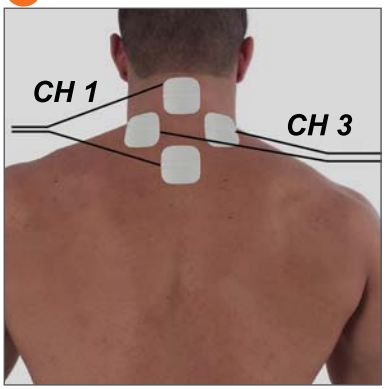
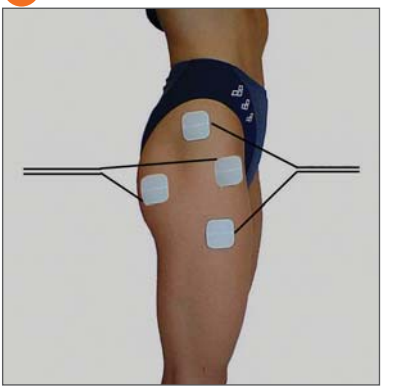


Work position

Work position

34

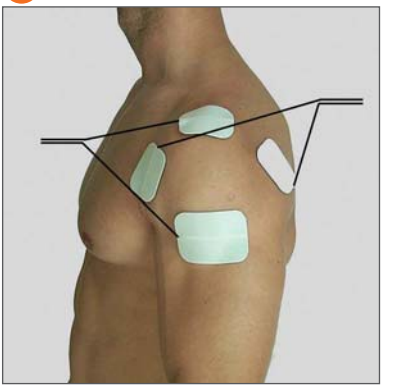


35

Work position

Work position

36



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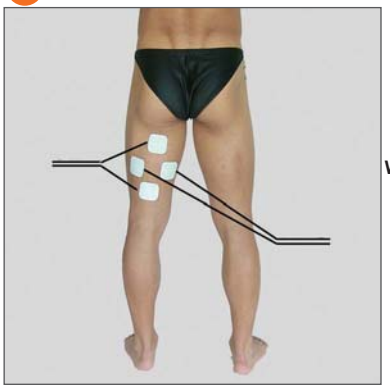
ELECTRODE PLACEMENT for microcurrents

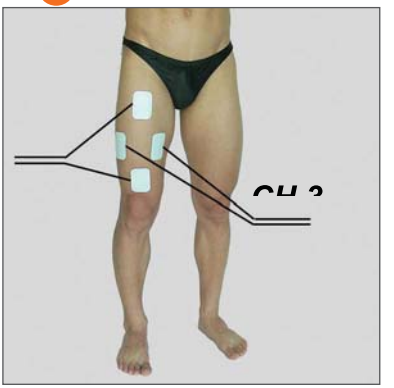
37



Work position

Work position

38



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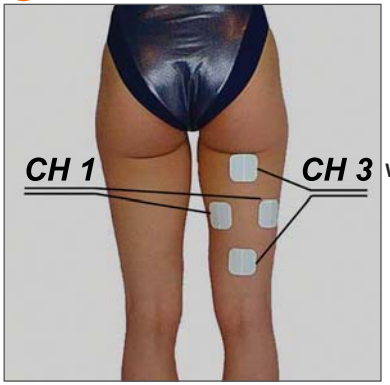
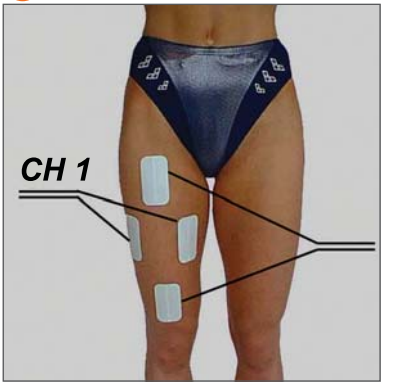


Work position

Work position

40



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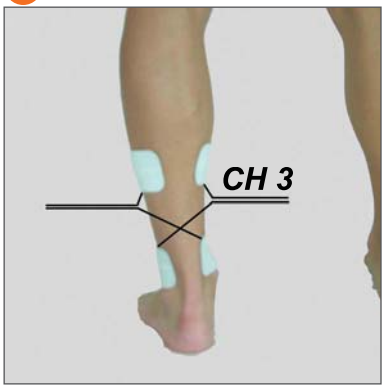


Work position

Work position

42

ELECTRODE PLACEMENT with accessories

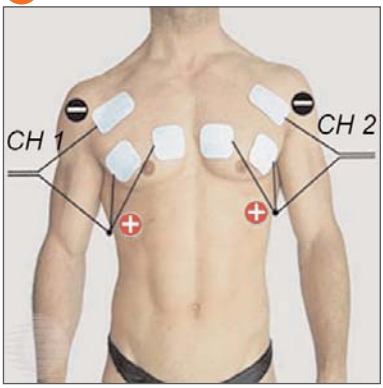
43

Work position

Work position

44

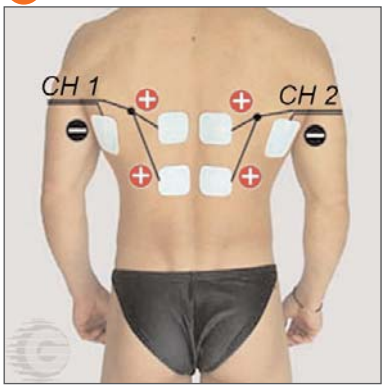
45



Work position

Work position

46



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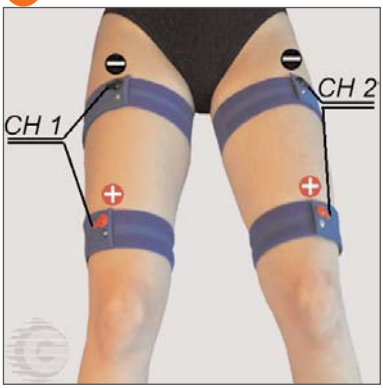
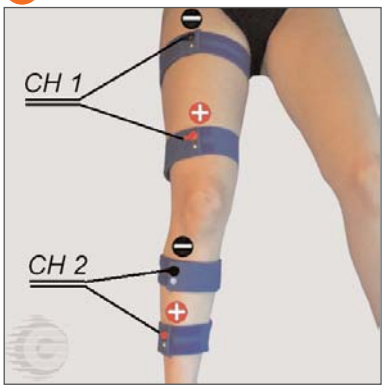


Work position

Work position

48



WARRANTY TERMS

This product is guaranteed to the original purchaser (client) for a 24-month period from the purchase date against material defects and manufacturing problems, provided that the instrument is used properly and maintained in normal conditions.
To obtain service under warranty, the following conditions must be met:
1. The products must be delivered for repair in their original packaging; the client must cover all shipping expenses.
2. Service under warranty requires presentation of a valid receipt or invoice that demonstrates the purchase date.
3. Service does not change the date of warranty expiration and does not imply renewal or extension of the warranty.
4. If, during a requested repair, no defect is found, the client will nonethe less be charged for expenses related to labor involved.
5. The warranty does not apply in case of damage to the instrument due to: blows, falls, improper or incorrect use, use of improper power supply,accidents, alterations, changes or removal of guarantee seals, and product infringement. The warranty does not cover damage during shipping in inadequate packaging
(see Art. 1).
6. The warranty does not apply to the impossibility of using the product, to other occasional or consequential expenses, or other purchaser expenses.
ATTENTION: Before returning the instrument for repairs, carefully read the instructions in this operating manual. In case of device breakdown, contact your retailer. The producer reserves the right to apply, at any moment, any and all necessary modifications to improve the product's appearance and quality.

Produced by:
DOMINO Srl
Tel.: +39-0438-793052
Fax: +39-0438-796463
E-mail:info@domino.tv.it

Distributed by:
Globus Italia Srl
Tel.: +39-0438-7933
Fax:+390438793363
Email:info@globusitlia.com

The features and dimensions reported in this manual are not binding. The producer reserves the right to make changes without notice.

FREQUENTLY ASKED QUESTIONS

Why, when I increase the current intensity above 10 mA, it returns immediately to 0 mA?
The Globus Electrostimulator checks the level of supplied current. When the current intensity increases above 10 mA and the circuit is open, the instrument brings it back to zero. Therefore, before starting any program, check that the cables are connected and that the electrodes are positioned on the area to be treated. In addition, be sure that the electrodes are not worn, because this could inhibit their ability to conduct current.
Where should one position the electrodes?
In the back of this manual, there is a comprehensive electrode placement guide. To verify the correct placement of electrodes, use the special Find Motor Points Pen program or follow this empirical method: place the electrode as indicated in the figures in the back of this manual; start the stimulation; with your hand, move the electrode by sliding it along the muscle without removing it from the skin. You will notice a change in contraction according to the different positions. Place the electrode where the contraction is greatest. Remember to decrease the intensity to zero (0 mA) before moving the electrodes.
Is it possible to use the electrostimulator during menstruation?
Electrostimulation may interfere in some way with menstruation, causing anticipation, delay, accentuation or reduction of the cycle; however, these effects are subjective and highly variable. It is recommended to avoid treatments in the abdominal zone during menstruation.
Is it possible to use the electrostimulator during lactation?
Until now, no collateral effects regarding lactation have been observed. Nonetheless, during lactation, it is recommended to not stimulate the thoracic region.
Are dermatological diseases (e.g. psoriasis, urticaria) contraindications for electrostimulation?
Yes, do not treat areas affected by dermatological diseases.
When are the first results of electrostimulation apparent?
Aesthetic results of electrostimulation are always subjective. For Toning program, with a regular program of 3-4 sessions per week, a noticeable result may be observed after 15 days. For Lipolysis and Drainage programs, 40 days of treatment are necessary. Results are obtained more quickly if treatments are combined with good physical activity and a correct life style.
How many sessions I can weekly perform?
For physical training, consult the program of weekly training in the Globus Personal Trainer . For fitness and aesthetics programs, the number of sessions depends on the type of treatment: 3-4 sessions per week on alternate days are suggested for toning; daily treatments are permitted for Lipolysis and Drainage programs

GLOBUS ITALIA SRL
Via Vittorio Veneto, 52 - 31013 (TV) - Tel. 0438.7933 - Fax 0438.793363
www.globusitalia.com - info@globusitalia.com